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HOUSEKEEPING FOR TWO

By ANNA B. HAMMAN

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GREEN CORN. This is one of the more nutritious of our green vegetables. Most of them are valuable chiefly for their salts, and it is most important that we should have them, but when we eat corn, peas and beans we may feel that we are also adding materially to the day's food supply. It is not so difficult to cook good corn as it is to get good corn to cook. The shorter the time between the pulling of the ears and the cooking, the better. If the silk is well-dried, the corn is old. Pull apart the husk a little and put the thumb nail into a kernel. If the corn is young and tender and hasn't been kept too long, the milky juice will spurt out. Take off the husks, pick out the silk and put the ears into a kettle of boiling salted water. Let them boil gently, uncovered, twenty minutes. Drain and serve.

Broiled Chicken. This is the season for broilers. They can be cooked nicely in the gas broiler. If you buy them at the market, the butcher will split them for broiling, if you wish. If you get them elsewhere, you will probably have to split them. After singeing and wiping the chicken, take a strong, sharp knife and make a cut through the back bone from head to tail, lay open the chicken and remove the contents from the cavity. Cleanse thoroughly inside and out with a damp cloth and wipe dry. Put on the broiler, which should first be heated, and brown both sides nicely. Then place farther from flame, with flesh side towards the fire, to finish cooking. It should cook in about twenty minutes. Put on a hot platter, dot over with butter and sprinkle with salt.

If no broiler is available, try cooking the chickens in the oven. Prepare them as for broiling, put them in a pan, sprinkle with salt and pepper, spread them with soft butter, and put into a very hot oven. It will take longer to cook them in the oven than to broil them.

They can also be cooked on top of the stove in a hot frying pan, with a little clarified butter, or in the blazer of a chafing dish.

To clarify the butter, put it in a saucepan and heat it slowly. The buttermilk will rise in a white froth to the top, and the salt will settle to the bottom. Skim off the buttermilk, and pour the butter off from the salt. You have then a clear, yellow oil, which will not burn as easily as the butter does when the salt is left in.

Among the good things coming into market now are sweet potatoes.

The medium-sized or small potatoes are usually better than the large ones. For baking they should be scrubbed clean with a brush, wiped dry and put into a moderate oven. Small ones will bake in a half hour.

Browned Sweet Potatoes. Wash the potatoes and put them into boiling water. Boil until tender, drain, cool and peel them. Cut in sections lengthwise and brown them in a frying pan in a little clarified butter.

A Simple Peach Dessert. The best way to use fruit is to eat the beautiful, fresh, sound fruit itself without additions. It is something of a crime to mutilate it and mix it with all manner of things unnecessary, but there are always people about who haven't cultivated, or rather who have spoiled, their taste for fresh fruit, so we need to know some simple ways of making it palatable and attractive. For the peach dessert, select two or three fine ripe peaches, and after peeling and stoning them, press the pulp through a sieve. Sweeten to taste. Beat the white of an egg very stiff and beat it into the pulp. Then add a half cup of thick whipped cream. Pile lightly in a dish and chill.

Peaches Cooked in Syrup. When for any reason it is undesirable to eat the fresh peaches, they may be eaten, perhaps, if cooked. Cook together one cup of water and one-half cup of sugar five minutes. Peel the peaches and cut them in halves. Drop them in the boiling syrup and cook them gently, so that they may not break, until tender. Lift them out with a silver fork, cook the syrup down a little if it is thin, and pour it over the peaches. Let the sauce get thoroughly cold and serve it with whipped cream.



TRANSPLANTATION OF JOINTS.—*The New York Medical Journal*, quoting from *Zentralblatt für Chirurgie*, says: Buchmann, in two cases of bony ankylosis of the elbow-joint, resected the joint and transplanted the first metatarsophalangeal joint, which he selected on account of its powers of extension and flexion with practically no lateral movement. He concludes that joints can be transplanted as easily as the long bones. The resection of the elbow-joint must be quite broad between the head of the radius and the condyles of the humerus. Suture of the bone is unnecessary. The motions of the new joint are painless to as great an extent as the contracted muscles permit. No bad results to the foot follow the extirpation of the first metatarsophalangeal joint. In the two cases operated on, the results were good.